

Exhibit F**BMI Calculator:BMR Formula**

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If you are unable to use our BMR Calculator, or if you are interested in how BMR is calculated, this page has the mathematical **BMR Formulas**.

The **BMR formula** uses the variables of height, weight, age and gender to calculate the Basal Metabolic Rate (BMR). This is more accurate than calculating calorie needs based on body weight alone. The only factor it omits is lean body mass and thus the ratio of muscle-to-fat a body has. Remember, leaner bodies need more calories than less leaner ones. Therefore, this equation will be very accurate in all but the very muscular (will underestimate calorie needs) and the very fat (will overestimate calorie needs).

Basal Metabolic Rate

Metabolic Analyzer Metacheck and
Cardiocoach.
www.korr.com

What's My Ideal Weight?

Ask and answer questions about
weight—join a growing
community!
RevolutionHealth.com

Soft4All Health Software

Health Software, Nutrition
Database Sport bmi & bmr
calculators
www.soft4all.us

Target Heart Rate Tool

Use This Target Heart Rate Tool &
Find info personalized for you.
www.HealthAtoZ.com

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English BMR Formula

Women: $BMR = 655 + (4.35 \times \text{weight in pounds}) + (4.7 \times \text{height in inches}) - (4.7 \times \text{age in years})$

Men: $BMR = 66 + (6.23 \times \text{weight in pounds}) + (12.7 \times \text{height in inches}) - (6.8 \times \text{age in year})$

Metric BMR Formula

Women: $BMR = 655 + (9.6 \times \text{weight in kilos}) + (1.8 \times \text{height in cm}) - (4.7 \times \text{age in years})$

Men: $BMR = 66 + (13.7 \times \text{weight in kilos}) + (5 \times \text{height in cm}) - (6.8 \times \text{age in years})$

Once you know your BMR, you can calculate your Daily Calorie Needs based on your activity level using the Harris Benedict Equation.

Resources

Harris Benedict Equation
Recommended Daily Allowance
Underweight Treatment
Overweight Treatment
Obesity Treatment

Calculators

BMI Calculator
BMR Calculator
Body Fat Calculator
Waist to Hip Ratio Calculator

Soft4All Health Software

Health Software, Nutrition Database Sport bmi & bmr calculators
www.soft4all.us

Thermazan 2

Top rated Diet products reviewed. See the results of our readers tell

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